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'I'M VERY THANKFUL'

Calgary Transit workers pitch in to help immigrant fighting cancer

metroNEWS

More than \$11,000 has been raised for Farzana "Bano" Khan, centre, who has aggressive lymphoma.

ELIZABETH CAMERON/FOR METRO

Controversial Chinatown highrise OK'd

DEVELOPMENT

Residents worry about loss of community

Brodie Thomas
Metro | Calgary

Despite a push by dozens of Chinatown residents to have the city reconsider a planned development, council paved the way for a controversial 97-metre building in the community last night.

For weeks, Chinatown residents have been raising the alarm over a developer's plan to put a highrise building — complete with a hotel — on a parking lot within Chinatown's boundaries.

Residents were concerned the scale of the building wouldn't fit with the smaller scale of the residential community.

"I think it's a very legitimate thing to say Chinatown will be altered," said Mayor Naheed

Nenshi. "But I think that the question council has to figure out is — for the better or for the worse."

The solutions proposed by area councillor Druh Farrell included keeping store frontage in the development small to discourage big-box stores, and ensuring the building has a wider "podium" at the base with a maximum height of four storeys.

The podium allows the street to have a smaller human-scale front at street level, and prevents the canyon effect of having a 97-metre building rise straight up from the sidewalk.

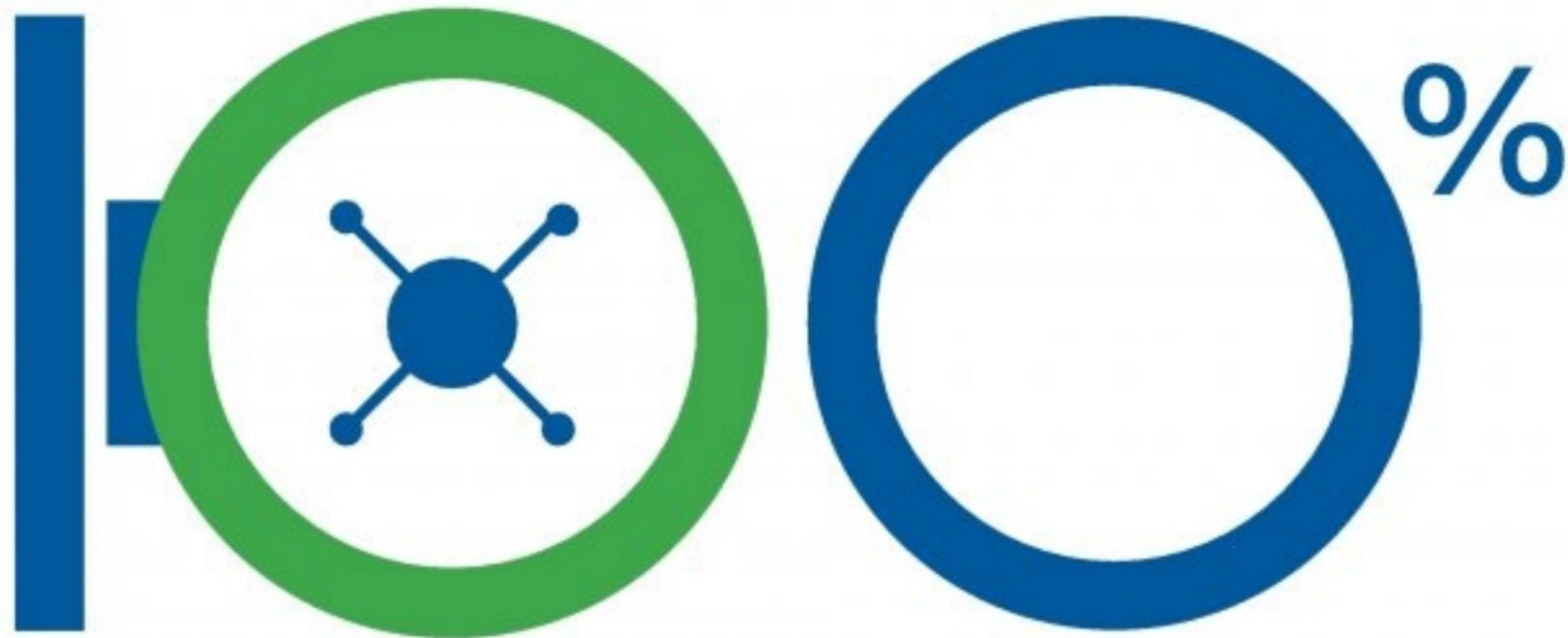
Despite efforts to meet council midway, Terry Wong, spokesman with the Chinatown Community Stakeholder's Committee, said council had ruined Chinatown.

"We wanted a low-height Chinatown. We wanted a low mass Chinatown. We wanted Chinatown to be protected and preserved for future generations," he said. "This council has sold us out."

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Coun. Evan Woolley
and Mike Commodore
make up the inaugural
Uber ride.
HELEN PIKE / METRO

“

**This has been a long
time coming.**

Coun. Evan Woolley

Driving more options

Stuck downtown on a cold winter's night? Now you have more to choose from than just four or five cab brokerages.

Because of Uber's push to modernize the city's livery bylaw, regulations have opened up the market for competitive pricing between taxi companies, five new transportation network company entrants — and yeah, we have Uber now.

According to the Calgary Airport, they're even lining up with the rideshare company to figure out how passengers could arrange pick ups when flying into YYC. Right now, passengers can use Uber, or any other TNC to the airport.

So, when the surge pricing is on, you're not stuck paying a higher fare through Uber.

Starting with companies like TappCar you'll be able to get a cheaper fare than traditional taxis, without the surge pricing. Next, Calgary United Cabs has lowered their rates 20 per cent, and the rest of the industry is at a 15 per cent discount.

Because of the economic times, it shouldn't be hard to get a ride when you need one. METRO

Rideshare giant returns

Drivers gear up for extra pocket money in tough economy

 **Helen Pike**
Metro | Calgary

Uber baby, one more time.

It's take two (or, if you count a weekend stint in 2013, three) for the ride-sharing company's launch into the Calgary market. And drivers are chomping at the bit to pick up passengers.

On Tuesday, in frigid temperatures, Coun. Evan Woolley took the inaugural UberX ride with ex-Flames Mike Commodore at the helm. Both exited the provided vehicle, hours before the general public could enjoy ride-for-hire vehicles, grinning.

"I've waited a long time on lots of occasions, to be totally honest, I've had bad (taxi) experiences here," said Commodore. "If you're not in the right

place, at the right time, you can end up in weather like this with no cab, nobody's coming, and nowhere to go, and it's not a very good feeling."

Comodore said he used to spend spare time in Phoenix picking up passengers for Uber, and now he can take the wheel in Calgary too. As for Woolley, he's pumped to take the service to work.

"This has been a long time coming,

remembering that we have 100,000 Calgarians right now signed up to use this service," he said.

For drivers like Geoff, who didn't give his last name, looking for a full-time job, Uber's return is important to tiding him over.

He said when Uber launched last year he jumped at the chance to dictate his own schedule because of family issues. And with an extensive surgery

coming up, he felt working as a ride-share driver was better than looking for a full-time job. Geoff drove more than 200 hours before the Uber injunction, and when they weren't operating in Calgary, he headed to Edmonton for a few hours of driving.

"It was frustrating always thinking Uber would be back and around the corner," Geoff said.

"I had to cash in RRSPs to survive."

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Alberta lays out plan to up math scores

EDUCATION

International report card notes drop in student skills

Lucie Edwardson
Metro | Calgary

Alberta math teacher Rebecca Gustafson has a favourite question she asks her students: how do you eat an elephant?

The answer: "One bite at a time," according to the Ardrossan Junior Senior High School teacher. And, it's a concept education minister David Eggen said he's adopted when it comes to improving the province's math outcomes.

On Tuesday, Eggen announced a series of steps (or bites) his ministry is implementing, as a part of their Future Ready initiative, with the goal of helping Alberta students do better



Education Minister David Eggen said Tuesday he would be reintroducing written portions to math diploma exams, as well as introducing a non-calculator portion to the Grade 9 math Provincial Achievement Test. LUCIE EDWARDSON / METRO

in math and to assist teachers improve their math instruction.

This comes after new scores from the Programme for International Student Assessment (PISA) saw a downward trend in math scores among Alberta students.

Alberta students scored the highest in the country in reading and science. The results come from exams written in May 2015.

According to Eggen, beginning in 2018, high school math diploma exams will require that students show their work in answering questions.

Alberta Education will also introduce a non-calculator portion to the Grade 9 math Provincial Achievement Test.

Further, Eggen said \$2,000 bursaries will be made available to Alberta teachers to help

cover the costs of post-secondary courses aimed at strengthening their subject knowledge and teaching skills. The ministry said at least \$2 million from the existing budget will go towards this.

In a release sent Tuesday by Save Our Students Alberta (SOS-AB), the parent advocacy group made three recommendations. One of which is to return to an emphasis on teachers obtaining subject specialization for all subject areas.

"Having teachers who are experts and have a love for the subject they are teaching improves the quality of instruction and student outcomes," said SOS-AB, who pointed to Quebec where teachers are required to have as many as 225 hours of university courses in math education and learning outcomes have been well above the national average.

Eggen said to the degree in which they are able, training and specialization in subject areas bears logical fruit for improved outcomes.

his death.

Ryan Alexander Lovett died in March 2013 after getting a strep infection that kept him bedridden for 10 days.

Alberta's acting chief medical examiner testified the boy's body was full of group A streptococcus, which caused most of his major organs to deteriorate and fail.

Court has heard Tamara Lovett treated Ryan with dandelion tea and oil of oregano instead of taking him to hospital.

Don Lovett said he never had any reason to worry about his grandson's safety.

"He was healthy ... in my estimation well cared for and healthy. I didn't witness any ill health."

Closing arguments in the case are to be heard Friday.

THE CANADIAN PRESS

TAMARA LOVETT TRIAL

Court hears mom, son 'inseparable'

The father of a Calgary woman on trial after her son died of a strep infection wiped away tears Tuesday as he testified that his daughter and grandson were inseparable.

Don Lovett, a communications consultant, was one of a number of character witnesses called by the defence at Tamara Lovett's trial.

"She was my daughter. I love her. We saw each other fairly regularly," the father said Tuesday.

"Tamara and Ryan were a unit. He loved his mother. He wanted to be with his mother. They were inseparable. It was a very respectful, loving relationship."

Tamara Lovett, 47, is on trial for failing to provide her seven-year-old son with the necessities of life and criminal negligence causing

Tamara and Ryan were a unit. He loved his mother. He wanted to be with his mother. They were inseparable. It was a very respectful, loving relationship.

Don Lovett

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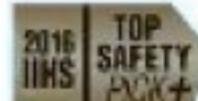
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EDUCATION

U of C joins 'Game Plan' to help athletes

**Helen
Pike**

Metro | Calgary

Planning for a dream career and becoming an elite athlete don't have to be mutually exclusive.

Between competing, training and practicing, nine institutions have formalized agreements to be a part of "Game Plan" — a way for elite athletes to find success in studies and sport.

It's an initiative between the

Government of Canada (Sport Canada), the Canadian Olympic Committee (COC), the Canadian Paralympic Committee (CPC), and is delivered through the Canadian Olympic and Paralympic Sport Institute Network (COPSI Network).

But according to Cara Button, director, stakeholder relations of the Canadian Sport Institute Calgary (CSIC), the University of Calgary has worked with athletic students for years to help match them with timetables and sup-

ports they need to succeed.

"We're doing this so athletes realize there's support out there for them to break down some of the barriers," said Button. "A lot of athletes think they don't have the time or ability to go to school because they train so much."

Button said traditionally at the national team level in Calgary athletes train in fall and winter, which are the traditional school semesters — but with some creative thinking and planning it's possible to train body and brain.

The Game Plan initiative formalizes this work and helps the U of C highlight the qualified advisers who have experience with athletes, ready to help navigate their post-secondary studies.

"We have a person designated who has quite a bit of experience working with athletes," said the U of C vice provost of student experience, Susan Barker.

She added the U of C has mentors on hand who have climbed the rungs of national athleticism in Canada.



Ten-month-old Gabriella Pearce's life was saved thanks to blood donations, according to her mother, Elizabeth Young.

ELIZABETH CAMERON/FOR METRO

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**Lucie
Edwardsson**
Metro | Calgary

The Canadian Blood Services wants you to know that when you give blood, what you're really giving is the gift of life, and they ask, what is a better gift this holiday season?

Susan Matsumoto, director for donor relations for the Prairie region, said they're encouraging Albertans during their Holiday Give Campaign to raise awareness, start a new good habit and save a life.

"Giving blood is a very selfless act," she said. "Donors give away a part of themselves to save someone they don't even know."

Elizabeth Young's family knows the benefits of giving blood first-hand — the generous donations of others saved the life of their now 10-month-old daughter, Gabriella.

Gabriella was born following a high-risk pregnancy and emergency C-section. It was quickly discovered that she suffered from severe hemolytic

anemia. After dozens of ultrasounds, and with brain dopplers monitoring — she simply couldn't wait any longer.

After three immunoglobulin plasma and two packed red cell transfusions, the newborn was just hours away from needing a complete blood exchange.

Ultimately, it took nearly 5,000 blood donors to make saving Gabriella's life possible, according to her mother, who asks that during a busy time of year people consider giving their blood to save the life of someone like Gabriella.

"Anyone who gives blood is a hero in my eyes," she said.

According to Matsumoto, Canadian Blood Services is hoping to collect 6,500 units of blood in Calgary during their Holiday Give Campaign, and 13,250 units across Alberta.

She said blood is used in many different ways including in cancer treatments, with car crash victims, surgeries and for people like baby Gabriella. Matsumoto said although half of the population is generally eligible to give blood, only about one in 60 do.

Matsumoto said the process of giving blood takes about one hour from start to finish, and asks that individuals interested make an appointment at their local blood donation center.

To find out more about donating blood visit blood.ca.



**Donors give away a
part of themselves
to save someone.**

Susan Matsumoto



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Bus drivers raise funds to pay for immigrant cancer patient's bills

CHARITY

Woman has more than \$100,000 in medical bills

Elizabeth Cameron
For Metro | Calgary

Farzana "Bano" Khan was a regular customer on Jagdev Bual's bus route.

"She would come and talk to me all the time," said Bual, a bus driver in Calgary for 15 years.

Bual saw a GoFundMe page for a woman with cancer who needed help covering her medical costs and immediately recognized his cheerful customer.

"I felt compelled that I should do something for such a wonderful person," Bual said.

Khan, a U.S. citizen, moved to Calgary in 2008, and had health-care coverage under the Canadian Experience Class (CEC), an immigration permit for foreign workers or graduates with

\$11,391

The amount raised by a group of Calgary Transit employees for Farzana "Bano" Khan, far surpassing their original goal of \$4,000.

relevant work experience who want to become permanent residents.

Her permit was due to expire, so Khan applied for an extension in early 2015.

Nearly 16 months later, she is still waiting for her extension to be approved.

During that time, in the spring of 2016, Khan was diagnosed with aggressive lymphoma.

Her permit has expired in the meantime, which means Khan no longer qualifies for health-care coverage, even though she is able to remain in Canada until her extension application is approved or denied.

Since her diagnosis, she has been hit with over \$135,000 in medical expenses.

The Immigration Canada website states that those applying for a CEC permit to be extended can expect to wait around six months.

"Various factors can affect the time it takes to process applications, including the number of applications received and the complexity of applications," Immigration Canada said in an emailed statement.

Khan said the wait has been frustrating.

"We have to pay \$2,000 up front for each chemotherapy treatment," she said.

An extensive hospital stay when Khan was first diagnosed added to the total costs. She also needs blood work done every three months.

Statements from collection agencies have been sent to Khan's home, demanding the outstanding amount be paid at the rate of \$800 a month.

She has 12 months to pay, and isn't sure what will happen if she can't.

So far, Khan has received nine chemotherapy treatments and her condition has significantly improved.

"I am trusting in God," she said.

Bual rallied his colleagues and decided to collect donations for Khan. Their original goal was \$4,000,

but the group of Calgary Transit employees far surpassed that, thanks to generous friends and family.

"The response was so good, we collected \$11,391," Bual said.

Khan said it feels like a burden has been lifted, knowing that others care and are willing to help. "These people have helped me lots, I'm very thankful," she said.

Bual is just happy to provide some help.

"Sometimes, we think about taking action but we don't. I knew this was my moment to take action," he said.



Farzana "Bano" Khan has waited nearly 16 months for her worker's permit to be extended, losing health-care coverage in the meantime. ELIZABETH CAMERON/FOR METRO

Immigration Canada 'understaffed'

Greg Doudican, who worked for Immigration Canada for three years before becoming an immigration consultant for a law office in Calgary, said Immigration Canada is understaffed to deal with the high volume of various applications they receive.

He said 16 months is an unreasonable wait time for an extension to be approved, and Khan's medical expenses should continue to be covered while she waits.

"If we brought someone to Canada and they've established a life here, paid into our taxes and influenced communities positively, I don't see why there's an issue covering their health

care while they're here," said Doudican, acknowledging others may disagree from an economic standpoint.

He said he encourages his clients to contact their MP or MLA if they are experiencing delays, and ask them to advocate to Immigration Canada on their behalf.

ELIZABETH CAMERON/FOR METRO

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An unnamed Alberta temporary foreign worker. TORSTAR NEWS SERVICE

Labour trafficking issue in Edmonton

HUMAN RIGHTS

Temporary foreign worker program often abused: Report



Kevin Maimann
Metro | Edmonton

Labour trafficking is prevalent in Edmonton thanks to "systemic abuse" of the temporary foreign worker program, according to a new report from the Action Coalition on Human Trafficking.

ACT Alberta is calling for immigration and criminal justice reform, after the report shed light on the working and living conditions of exploited workers.

"While we know not all businesses that employ mi-

grant workers are trafficking them, we do know there are popular business in this city that are benefiting from trafficked labour," said ACT Alberta executive director, Andrea Burkhart.

Some migrant workers trafficked in Edmonton come through the student or visitor programs, but most come through the low-wage TFW stream and work in hotels, construction, cleaning or the service industry.

Alberta has the most temporary foreign workers per capita of any province in Canada, and Burkhart said referrals to ACT double every year.

Trafficked workers are paid little or no money.

In some cases employers will accompany them to the banks while they deposit their cheques, then force them to turn their money over — so Canadian Revenue Agency

records will still show they're being paid, Burkhart said.

Some are forced into "deplorable" living conditions — Burkhart said some reported living in an apartment with 10-12 people sharing one bed.

Employers use deceit, monitoring, isolation, fear, and threats to family members back home to control workers, who often have large debts to pay off and are not aware of protections available in Canada, she said.

"They don't know where to go for help, they don't know if anybody even cares about what's happening to them," Burkhart said.

ACT is calling for more open work permits that don't tie temporary foreign workers to a specific employer, and more resources for punishing traffickers, among other recommendations.

IN BRIEF

Premier calls for respect of elected officials

Premier Rachel Notley says chants of "Lock her up" at a rally protesting her plans for a carbon tax reflect the views of extreme groups of people who have migrated to both conservative parties in the province.

Notley says that should be concerning to both the Wildrose and Progressive Conservative parties because people who are democratically elected shouldn't be confronted with threats of being jailed. METRO

ENVIRONMENT

Businesses trashed for not recycling



Brodie Thomas
Metro | Calgary

A month after the city launched its business recycling program, there have been eight complaints about businesses not getting out blue bins.

Leanne Michie, waste diversion specialist with the city, said there have been 76 calls to the city's 311 line about the program, with 65 asking for more information and 11

calling with complaints about non-compliance. Of the 11 calls about non-compliance, three were in error.

"We're following up currently with those eight remaining complaints and going through our education first process," said Michie, who added that the city doesn't jump straight to fines for enforcement, but instead reaches out to educate people on the new bylaw.

Information on the program can be found at Calgary.ca/businessrecycling

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TRAGICALLY HIP

Indigenous leaders pay tribute to ailing Gord Downie

A frail-looking Gord Downie wept openly, wiping tears from his eyes, as indigenous leaders paid tribute to the ailing Tragically Hip frontman Tuesday for his efforts in forcing Canada to confront the legacy of residential schools.

Prime Minister Justin Trudeau stood nearby and watched as Downie, who has been diagnosed with a rare and incurable form of brain cancer, was honoured in a ceremony during the Assembly of First Nations special assembly in Gatineau, Que.

Trudeau, who has long championed a new relationship with Aboriginal Peoples, was there to unveil plans for an Indigenous Languages Act in hopes of preserving and revitalizing First Nations, Metis and Inuit languages in Canada.

Downie's Secret Path solo project honours 12-year-old Chanie Wenjack, who died in 1966 after running away from a residen-



AFN Chief Perry Bellegarde is embraced by Tragically Hip frontman Gord Downie after a ceremony honouring Downie in Gatineau, Que., Tuesday. THE CANADIAN PRESS

tial school near Kenora, Ont. Proceeds from the album and graphic novel are being donated to the National Centre for Truth and Reconciliation at the University of Manitoba.

During a solemn and touching ceremony, Downie was given an eagle feather and swaddled in a star blanket, and also showered in indigenous gifts such as moccasins and blankets. He was anointed the "Man Who Walks Among the Stars."

In brief remarks, a visibly moved Downie acknowledged Canada's 150th anniversary celebrations next year, expressing the hope that the next 150 years will be better for all indigenous Canadians.

"It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said. THE CANADIAN PRESS

Trudeau introduces the Indigenous Languages Act

Prime Minister Justin Trudeau says the government will introduce an Indigenous Languages Act.

Trudeau made the announcement during a special assembly of First Nations leaders.

The act was co-developed with indigenous people and has the goal of preserving, protecting and revitalizing First Nations, Métis, and Inuit languages.

Trudeau says Canadians are working in unison to correct historical wrongs and to deal with the intergenerational trauma of indigenous people.

Trudeau remains under pressure from indigenous leaders to address the level of funding of child welfare services on reserves in the wake of a ruling from the Canadian Human Rights Tribunal.

THE CANADIAN PRESS

Tory leadership hopeful posts #LockHerUp tweet

Colin McNeil
Metro | Toronto

Hours before the Conservative Party of Canada's second leadership debate on Tuesday, one PC hopeful found himself in hot water for a post on social media.

Brad Trost, a Saskatoon MP, tweeted "Wanted to be there w my friend @calxandr supporting Albertans would've chanted w them #cpcldr #LockHerUp."

Trost was referring to "lock her up" chants heard at a rally attended by Chris Alexander, another Tory leadership candidate. The "her" was Alberta premier Rachel Notley.

Some were quick to point out Trost's comments come on Canada's National Day of Remembrance and Action on Violence Against Women, marking the anniversary of the 1989 murders of 14 young women at l'École Polytechnique de Montréal.

WEATHER

Winter conditions turn deadly and close schools

Freezing temperatures and poor weather conditions that have hit the Prairies in recent days are believed to have contributed to a woman's death and caused school closures and service delays.

Paramedics say a woman in her 80s was trapped for at least an hour outside a home near Didsbury in central Alberta on Monday.

She had tripped getting out of her vehicle and her leg became pinned so she couldn't get up.

She was found by a family member, but died in a Calgary hospital.

Temperatures across much of Alberta and Saskatchewan have been near -20 C with wind chill making it feel much colder.

THE CANADIAN PRESS

MONTREAL

A quiet memorial marks day of massacre

Solemn events marked Tuesday's 27th anniversary of the Polytechnique Montreal slayings and were accompanied by a renewed call for Justin Trudeau's Liberal government to respect a promise to tighten gun-control laws.

Since the mass shooting, in which 14 women were killed, Dec. 6 has become a national day of commemoration and has served as a call for action on violence against women, with various events and vigils held across the country.

The 14 deaths that day in 1989 also sparked a national debate on

gun control that rages on today.

Gun control advocate Heidi Rathjen said it's not about banning all guns, but controlling them and restricting assault-style weapons that pose a danger to human life.

"It's especially not easy for the families for whom their loss is just as hard today," said Rathjen, who represents PolySeSouvient, a gun-control advocacy group.

"The gun control law was a really good monument to the memory of the women because it made a difference and saved more lives than were lost on

that day, and that's why they keep fighting for gun control."

The previous Conservative government scrapped the long-gun registry in 2012 and the Trudeau Liberals vowed to toughen laws but have not offered any timeline.

Public Safety Minister Ralph Goodale assured Tuesday amendments are in the works.

Trudeau also issued a statement denouncing violence against women, saying the Polytechnique victims were killed "simply because they were women." It didn't address gun

control.

He said the statistics relating to violence against girls and women are unacceptable and encouraged a conversation about how to end the violence.

"On this sombre anniversary, let us reflect on what Canadians — women, men, and youth — can do to rid the country and the planet of the scourges of misogyny and gender-based violence," Trudeau said.

Gunman Marc Lepine ended up shooting more than two dozen people, before taking his own life. THE CANADIAN PRESS



People look at the memorial plaque in honour of the 13 students and one staff member killed 27 years ago in Montreal.

RYAN REMIORS/THE CANADIAN PRESS

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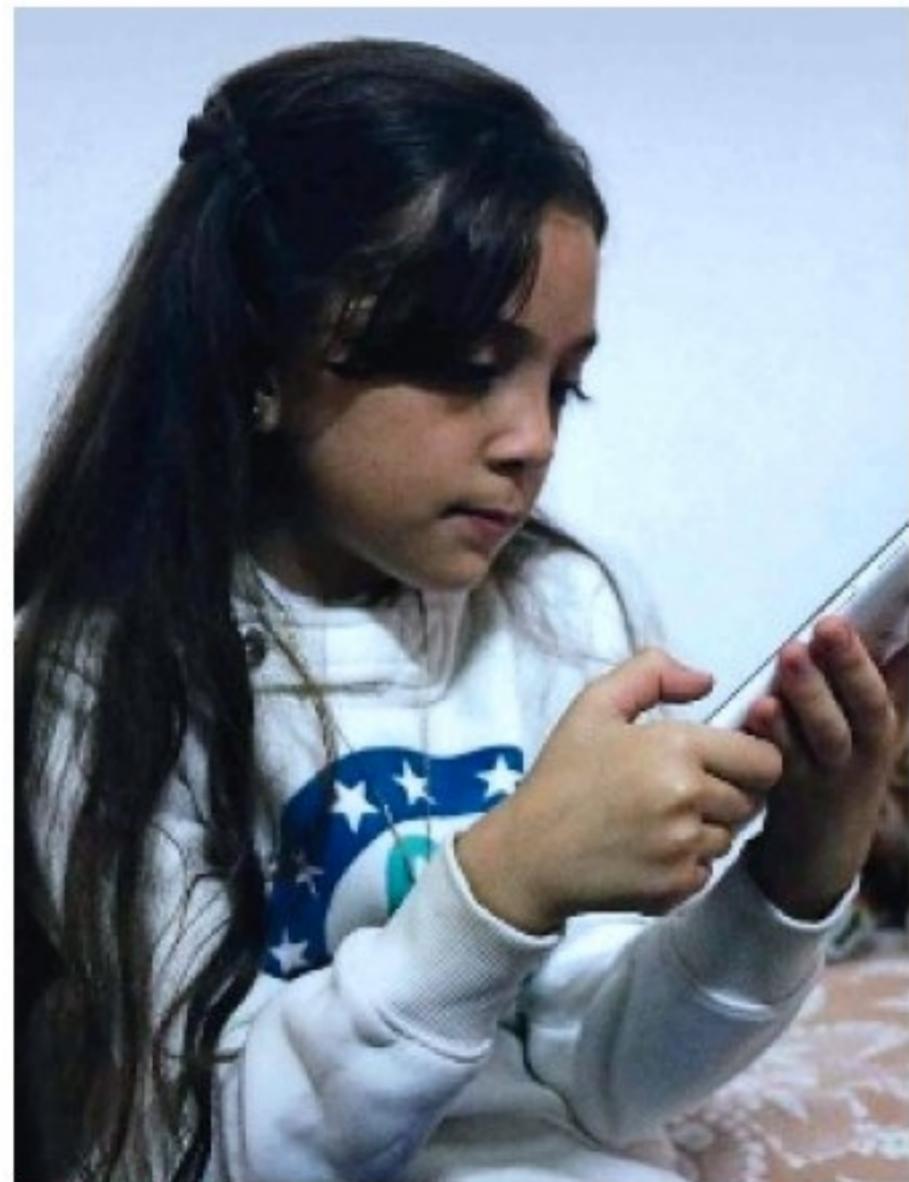


Social media targets terror propaganda

TECHNOLOGY

Platforms increasingly a tool for recruitment

Facebook, Microsoft, Twitter and YouTube are joining forces to more quickly identify the worst terrorist propaganda and prevent it from spreading online.



MIDDLE EAST SYRIAN GIRL TWEETING FROM ALEPO

FLEES HER HOME Young Syrian girl Bana al-Abed, who with the help of her mother had been posting heartrending tweets in English on life in the besieged eastern districts of Aleppo, uses a smart-phone to check her Twitter account in her home in east Aleppo, on Oct. 12. The seven-year-old, whose Twitter account gained international attention, has fled her home amid heavy fighting, but she and her family are safe for now, her father said Tuesday. AFP/GETTY IMAGES

GLOBAL DIGEST

CALIFORNIA

Death toll remains 36 in Oakland warehouse fire

As crews searched the Oakland warehouse for more bodies, the founder of the arts collective stood near the gutted building Tuesday morning and said he was "incredibly sorry" and that everything he did was to bring people together.

The death toll remains at 36, with officials saying that no additional bodies were recovered.

THE ASSOCIATED PRESS

The new program announced Monday would create a database of unique digital "fingerprints" to help automatically identify videos or images the companies could remove.

The move by the technology companies, which is expected to begin in early 2017, aims to assuage government concerns over social media content that is seen as increasingly driving terrorist recruitment and radicalization, while also balancing free-speech

issues.

Technical details were being worked out, but Microsoft pioneered similar technology to detect, report and remove child pornography through such a database in 2009.

Social media has increasingly become a tool for recruiting and

radicalization by Daesh and others. Its use by terror groups and supporters has added to the threat from so-called lone-wolf attacks and decreased the time

from "flash to bang" — or radicalization to violence — with little or no time for law enforcement to follow evidentiary trails

before an attack.

Under the new partnership, the companies promised to share among themselves "the most extreme and egregious terrorist images and videos we have removed from our services," according to a joint announcement Monday evening.

When such content is shared internally, the other participating companies will be notified and can use the digital fingerprints to quickly identify the same content

on their own services to judge whether it violates their rules. If so, companies can delete the material and possibly disable the account, as appropriate.

"We really are going after the most obvious serious content," said Facebook spokeswoman Sally Aldous.

THE ASSOCIATED PRESS

We really are going after the most obvious serious content.

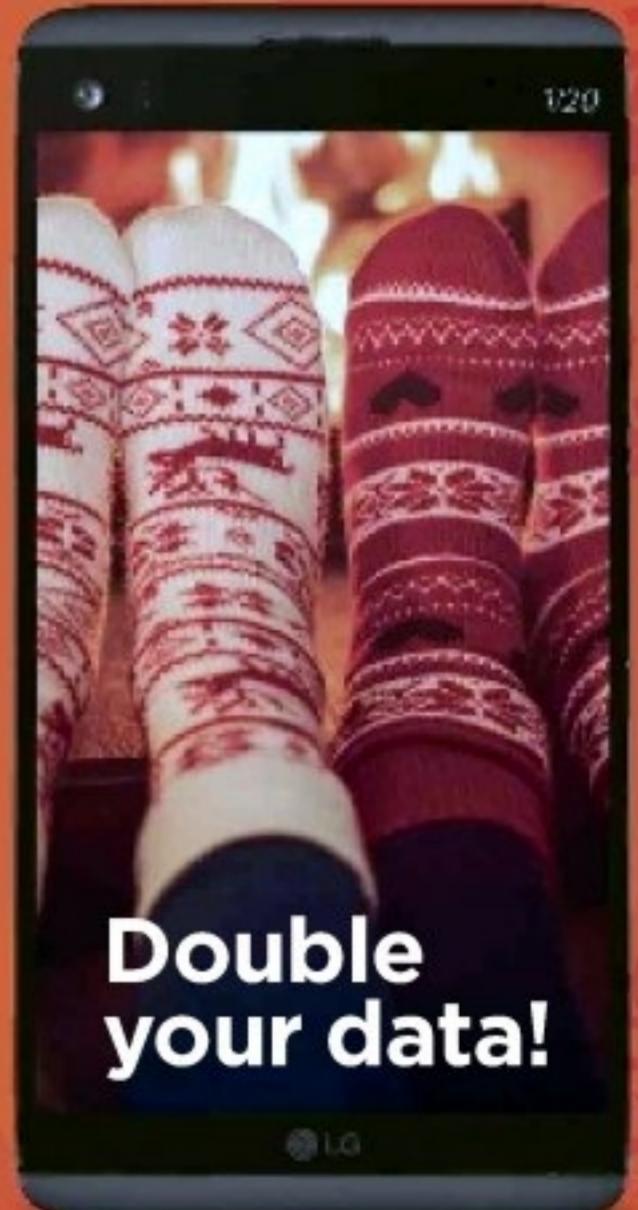
Sally Aldous

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INFLATION

Brace for food price increases next year

The typical Canadian family will spend up to \$420 more on groceries and dining out next year, getting little relief from a recent drop in the cost of food, suggests a new report released Monday.

A study by researchers at Dalhousie University in Halifax estimates food inflation will increase in 2017, driven by a falling loonie and U.S. president-elect Donald Trump's first year in the White House.

Food prices overall are expected to rise between three and five per cent, with meat (especially chicken and pork), vegetables, fish and other seafood among those projected to jump by four to six per cent.

Fruit and nut prices are anticipated to go up between three and five per cent, while the costs of dairy, eggs, bakery goods and cereals are forecast to increase by up to two per cent. Restaurant costs will rise by two to four per cent, the report says.

Sylvain Charlebois, the report's lead author, says he wouldn't be surprised if next year's food inflation surpassed four per cent.

"I think 2016 was volatile and 2017 will be, at the very least, equally as volatile," Charlebois says.

Depending on where they

TRUMP EFFECT

Several Trump policies could drive up Canadian grocery bills for the next several years, according to the Dalhousie University report.

The U.S. president-elect, for example, could deport some of the estimated two million seasonal farm workers who are in the U.S. without legal permission, creating a production shortage and higher prices.

live, Canadians will experience different levels of sticker shock at the grocery store and in restaurants, the report says.

Those living in Ontario and B.C. should prepare for above-average food inflation — around four to five per cent, says Charlebois.

The study says residents of Newfoundland and Labrador, New Brunswick, Quebec, Manitoba and Alberta should enjoy below-average price increases, while the remaining provinces and the Northwest Territories should expect average rises in food costs.

THE CANADIAN PRESS

IN BRIEF

Mine accused of not reporting mercury levels

Environmental group Wildlands League is accusing diamond miner De Beers Canada of failing to report mercury levels at a mine in northern Ontario near Attawapiskat First Nation, saying this has been going on since 2009. THE CANADIAN PRESS

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Kaoutar Belaaziz says call centre workers face swearing, racial slurs and sexually explicit comments. TORSTAR NEWS SERVICE

Call centre workers are people, too

LABOUR ISSUES

Campaign launched to urge protection for employees

Kaoutar Belaaziz says she has been told by customers that her name doesn't sound white, and that they want to speak to someone who is white.

"I've been asked if I am in Canada — if I am Canadian," said Belaaziz.

In addition, there is sometimes swearing, racial slurs,

threats of violence or even sexually explicit comments.

That's why the union representing call centre workers is launching a campaign on Wednesday called Hang Up On Abuse, urging employers and governments to protect workers.

Like others in the service or retail industry where the mantra is "the customer is always right," the Telecommunications Workers Union, now part of United Steelworkers, wants call centre workers to be empowered to cut short calls with abusive or offensive callers.

"I have had co-workers

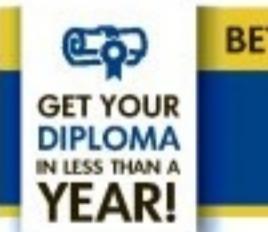
who have been asked what colour panties they are wearing, or the colour of their nail polish," Michelle Dey, who has worked at a call centre for 25 years in Vancouver, said. "My co-worker who is black received a caller who said, 'Thank God, I'm speaking to a white person.'"

Lee Riggs, president of Local 1744 of the United Steelworkers, which represents about 10,000 call centre work-

ers, said this campaign is not focusing on any specific company — but rather hoping to bring change altogether.

"This happens in all call centres. Employers need to recognize that this is abuse, and this abuse is harmful to the employees and it should be taken seriously," said Riggs, who estimates there are 175,000 call centre workers, and possibly more across Canada.

TORSTAR NEWS SERVICE



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JESSICA ALLEN ON FAKE NEWS IN LIBERAL LAND



Like most liberals, I had assumed that "post-truth" was a phenomenon confined to American conservative news organizations and the dot-org universe of people who still cannot fathom why the third tower fell — something for people who believed that an unscrupulous billionaire could be a champion of the poor. Post-truth wasn't for people who watch art films and read the *Guardian*.

I was wrong.

On Saturday afternoon, while Simon and I drove home after buying a Christmas tree, I checked Twitter.

"Whoa," I said, "apparently that woman from *Last Tango in Paris*..."

"Maria Schneider."

"Yes. Apparently Bertolucci and Brando didn't tell her about the butter scene. Wait. People are saying she was actually raped on camera. Was she?"

That scene, in which a stick of butter is used as lubricant before Marlon Brando's character sodomizes Schneider's, was one of many in the controversial 1972 film that led to international protests and a ban in Italy. It also helped earn Academy Award nominations for Bernardo Bertolucci, the director, and Brando, while Schneider, who struggled with the unexpected media attention, battled drug addiction and depression.

The link I clicked on came from Elle. The headline read: "Bertolucci Admits He Conspired to Shoot a Non-Consensual Rape Scene in 'Last

What Bertolucci actually did was horrible and abusive ... so why overstate the case?

I had assumed that 'post-truth' wasn't for people who watch art films and read the *Guardian*. I was wrong.

Tango in Paris," which is just as confusing as the headline from Yahoo UK, whose story Elle aggregated. Yahoo's reportage hinged on a 2013 video, released this November, in which Bertolucci expresses guilt over how he and Brando came up with the scene the morning before shooting. They decided not to tell Schneider,

era. Jessica Chastain tweeted, "To all the people that love this film- you're watching a 19yr old get raped by a 48yr old man. The director planned her attack. I feel sick." It's been retweeted 16,000 times. And those who attempted to correct the narrative were labelled rape apologists.

On Sunday, the *Guardian*



TORRID AFFAIR Marlon Brando and Maria Schneider in *Last Tango in Paris*. UNITED ARTISTS/THE ASSOCIATED PRESS

who was 19 years old, "because I wanted her reaction as a girl, not as an actress," he said. "I wanted her to react humiliated."

And she was: "I felt humiliated and, to be honest, I felt a little raped, both by Marlon and by Bertolucci," Schneider herself told the Daily Mail in a 2007 interview. Yahoo referenced this line as well as Schneider's clarification that "even though what Marlon was doing wasn't real, I was crying real tears."

Elle omitted the latter detail, but they did include a content warning at the top of their story ("This article contains disturbing stories of rape and assault.") Hence what happened next: social media mayhem. Those who read Elle's story, or just the headline, concluded that Schneider had actually been raped on cam-

published a piece by Melissa Silverstein. "This was rape where she was penetrated by a stick of butter," she wrote. "They actually took a prop and forced it inside her." Silverstein referenced the 2007 Daily Mail interview, having evidently not read it ("what Marlon was doing wasn't real") and then wrote an essay about rape culture in Hollywood whose thesis seems to be: rape is rape, even if it isn't actually rape.

On Monday, after New York-based journalist Mark Harris tweeted a link to a piece from The Wrap that set the record straight, he noted that Schneider "took pains to explain that it was an acted scene to prevent this exact misinterpretation." Schneider says in the Daily Mail interview that she was told about the scene the morning they

shot it; admits that she liked her work in the film; that the best experience was her "encounter with Marlon"; that Bertolucci "is overrated"; and that she now enjoys simple pleasures. "I like to see friends and go to the market and cook. But I never use butter to cook an more," she laughs. "Only olive oil."

What Bertolucci actually did was abusive and horrible. More horrible than Dustin Hoffman taunting Meryl Streep about the recent death of her partner John Cazale in order to fire her up before shooting an intense scene in *Kramer vs. Kramer*. More horrible than Alfred Hitchcock throwing ravens, doves and pigeons for five days at Tippi Hedren during filming of *The Birds*. So why muddle the facts?

Finally, on Monday, Bertolucci issued a statement: "I would like, for the last time, to clear up a ridiculous misunderstanding." He says "Maria knew everything because she had read the script, where it was all described. The only novelty was the idea of the butter."

Objective facts, those things somberly invoked by the people at the New York Times (who failed to fathom Trump) and the *Guardian* (who in their smug certainty missed Brexit), have been assailed by a media culture that treats tweets as news and by a public comfortable getting news from Chris Evans, who tweeted that Bertolucci and Brando "should both be in jail." (Does he know that Brando was granted immunity the day he died?)

Some years before Twitter, Yeats wrote: Things fall apart; the centre cannot hold; / mere anarchy is loosed upon the world."

Jessica Allen is the digital correspondent on CTV's *The Social*.

VICKY MOCHAMA

In assessing the far right, we need to acknowledge male mental health



While the ideologies of Islamist terrorists groups and white supremacists are worth deconstructing, part of their rise can also be explained by how they prey on loneliness, depression and isolation. In men, especially, our failure to address mental health can have dangerous effects.

Research by Beyond Blue, an Australian mental health organization, found that 25 per cent of men felt they don't have anyone outside of their immediate family to talk to; 41 per cent reported having one or two to talk to.

Jesse Hayman, director men's health promotions at Movember, told me, "If the first time a man is speaking about a mental health situation is with their doctor, then we've done something wrong." Experts find that social connectedness is not something men value. Cultural maxims on what "real men" do (and don't do, e.g., cry) then reinforce male isolation.

Isolated in the three-dimensional world, vulnerable men are finding digital spaces ready to exploit that vulnerability. The new vogue for ultra-right-wing conservatism mixed in the latest evolution of the Internet's "manosphere." This space comprises oft-overlapping Internet groups like men's rights activists, pick-up artists, Gamergate's misogynists and Reddit's Red Pill.

After the election of Trump, analyst Siyanda Mohutsiwa tweeted: "If people followed

the alt-right groups on Reddit, they would know that young white Americans were told to hide their support of Trump."

The so-called alternative right aren't the only ones to insist followers keep a strict, potentially alienating divide between their public and political lives. As part of its recruiting plan, Daesh — commonly called ISIS — encourages recruits to live parallel lives. Most of the group's recruits are young and male. The group advises converts from the West to keep their new identities quiet lest they be suspected of radicalization.

Both online predators and cults use this method of asking others to be silent in their deceit. Still, this is little comfort for friends and family who suddenly find a man in their life is espousing hateful views.

Extremist groups offer a sense of belonging, community and purpose that belies their regressive and violent philosophies. It's an especially alluring offer for men who suffer silently with mental health issues. And when it comes to male mental health, we have a fuzzy picture. We know, for example, that men commit 80 per cent of suicides but that their reported rates of depression do not correlate.

Predatory groups with violent ideologies are stepping in to fill this gap. With better diagnosis and treatment, we could pre-empt the troubling and isolating behaviours that, as we're seeing, precede violent behaviours.

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Dispelling myths about protein

HEALTH

We can only metabolize so much per meal: dietitian

Genna Buck
Metro



In the diet battles of the past few years, fat, sugar and carbohydrates have all taken hits to their reputations. Only protein came out looking like a champion.

Protein is hailed in fitness magazines and websites for its ability to help you stay lean, feel full and build muscle.

And that's all true. But the benefits don't continue going up the more protein you eat, says Ottawa dietitian Helene Charlebois.

Despite what body builders and fad dieters knocking back protein-loaded shakes might tell you, "The newest research, from the University of Texas, shows we can't metabolize more than about 20 or 30 grams of protein per (meal)," Charlebois said.

And the rest? "Anything you eat in overabundance changes to fat and gets stored."

The marketplace hasn't got the message: According to research firm Euromonitor International, protein bars and powders take up a large and growing share of the "sports nutrition" category. Sales of such products in Canada were forecast by Euromonitor to grow by approximately \$53 million to \$311

million between 2013 and 2018.

Demand has also spiked for packaged foods with added protein and trendy plant-based proteins like pea and hemp. Euromonitor says. But, "Consumer awareness of recommended intake could pose a long-term threat" to growth.

Translation: People could realize they don't actually need hundreds of grams of protein a day.

According to Health Canada, close to 100 per cent of Canadian adults manage to get the minimum protein they need, which is defined as the recommended dietary allowance of 0.8 grams of protein per kilogram of body weight.

For a 150-pound person, that's at least 54 grams per day; more if you're very active, pregnant or nursing.

Go much beyond that, and all that protein powder is just an expensive drink.

Charlebois has a few tricks for making the most of your protein intake:

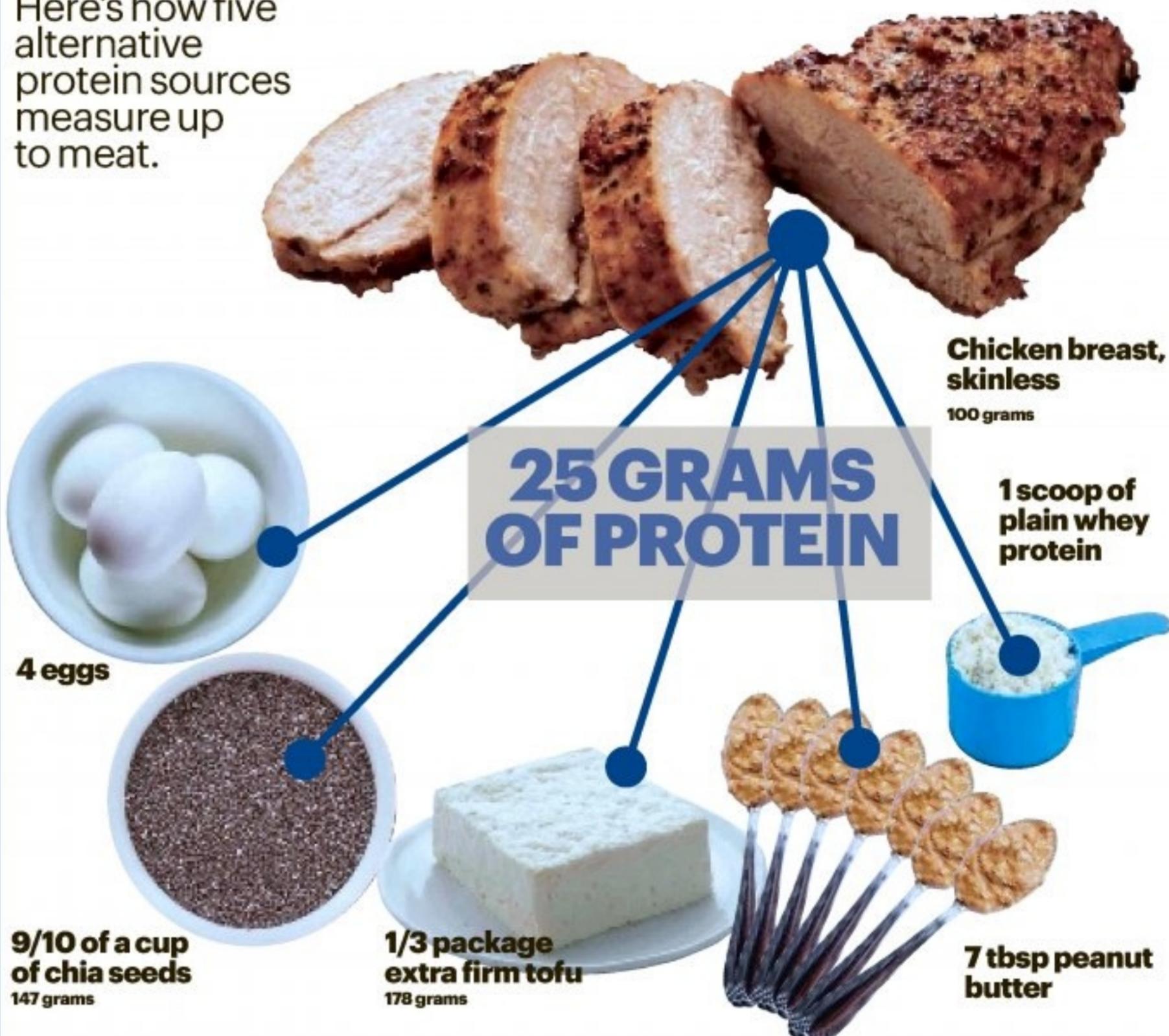
- Spread out high-protein foods throughout the day to maximize what you absorb.

- The amino acid leucine, abundant in dairy products, is the best for building muscle.

- Don't try to stick to a low-calorie diet that is high in carbs and low in protein, because it leaves you constantly craving that dopamine hit that comes with a sugar high.

- Never forget the "bridging" snack: 5 to 10 grams of protein in the afternoon. Peanut butter and crackers, or a boiled egg will do the trick, "so you don't rip the fridge door off at supper."

Here's how five alternative protein sources measure up to meat.



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BOOK EXCERPT FIREHOUSE CHEF: FAVOURITE RECIPES FROM CANADA'S FIREFIGHTERS

Firefighters turn up the heat

If you love fried noodles then give this Bangkok street food a try. The 'Drunken' part could refer to the sake used in the sauce, but I think it actually refers to the likelihood of consuming a few cold beers while eating to tame the spice!

Thai Drunken Noodles
Serves 4**Ingredients:**

- 1/2 cup (125 ml) cherry tomatoes, halved
- Thai Drunken Sauce**
- 3 Tbsp (45 ml) oyster sauce
- 2 Tbsp (30 ml) mushroom soy sauce
- 2 Tbsp (30 ml) dark soy sauce
- 2 tsp sugar
- 1/2 cup (125 ml) sake (rice wine)

To make Thai Drunken Sauce: Put all the ingredients into a small bowl and mix together.

Directions:

1. Pour boiling water over noodles in a large bowl and set aside for 5 minutes (or as per packet instructions), then drain when ready. Make sure to rinse noodles under cold water.
2. Heat the oil in a wok or large pan over high heat. Add garlic or chilies and cook for 10 seconds until fragrant.



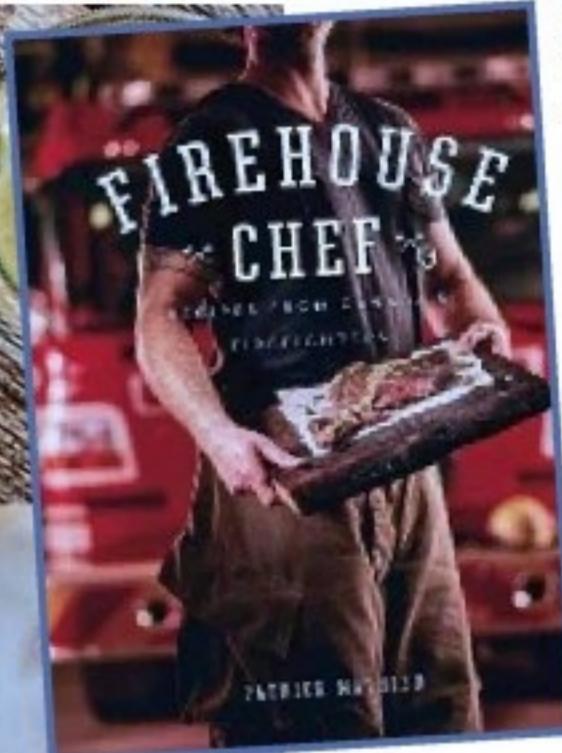
Add the eggs and cook, stirring constantly until just set. Add the chicken and fry until browned and cooked partially through, about 4 minutes.

3. Add the shallots, green

onions and about 1 Tbsp (15 ml) Thai Drunken Sauce and stir-fry for 30 seconds, just to coat the chicken. Add the noodles and the rest of the sauce and cook for a couple of minutes until the sauce has

coated the noodles completely and they start to brown.

4. Remove from heat and add the basil and tomatoes, stirring until they are mixed in well. Serve with a Thai beer.



Canadian firefighter **Patrick Mathieu** is a passionate foodie who cultivated his love for cooking in the Waterloo, Ont. firehouse where he is stationed. Mathieu is sharing his own experiences with **Firehouse Chef: Recipes From Canada's Firefighters**.

Armed with more than 16 years of culinary experience, Mathieu turns up the heat with 140 plus sizzling recipes including delicious simple starters, gourmet desserts and healthy mains.

**ROSE REISMAN THE SAVVY EATER**

THIS WEEK: Country Chicken Sandwich vs. Potato Rosti and Bacon Burger

Even McDonald's has a special burger for the holidays. Beware of "season's cravings."

PICK THIS**McDonald's Country Chicken Sandwich with Grilled Chicken**

Calories 400
Fat 14g
Saturated fat 4g
Sodium 980mg

**SKIP THIS****McDonald's Potato Rosti and Bacon Burger**

Calories 790
Fat 49g
Saturated fat 15g
Sodium 1130mg

**HERE'S WHY**

Equivalent in fat to five Egg and Cheese English Muffin breakfast sandwiches from Tim Hortons.

The festive season means "special" items at your favourite fast food spots. This year McDonald's has introduced a Potato Rosti and Bacon Burger, which has added processed cheese, bacon and Parmesan cheese sauce, not to mention the fact that it tops a burger with a fried potato patty! Try instead the Country Chicken Sandwich with Grilled Chicken as an alternative that won't have you making those same old New Year's resolutions!

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Nutella-stuffed cookies

HOLIDAY BAKING

Satisfy any sweet tooth with this easy recipe

There's nothing wrong with the easy three-ingredient cookie recipe on the Kraft label, but how about we step it up by creating a gooey Nutella filling? Adapted from Handle The Heat blog, these large cookies will satisfy any sweet tooth.

Nutella-stuffed Peanut Butter Cookies
Make about 20 cookies

Cookie tip: When making cookies with surprise centres (be it Nutella or jam), chill the filling beforehand so it doesn't ooze into the dough and make a mess.

Ingredients:

- 1-379 g jar of Nutella
- 1 cup (250 mL) room temperature unsalted butter
- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) packed brown sugar
- 1 cup (250 mL) creamy peanut butter
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour



These Nutella-stuffed peanut butter cookies are sure to satisfy your sweet tooth this holiday season. TORSTAR NEWS SERVICE

Directions:

1. Place jar of Nutella in freezer.
2. In a stand mixer with a paddle attachment on medium speed, cream butter, sugars and peanut butter until smooth and fluffy. Add eggs and vanilla. Continue to mix until smooth and fluffy.
3. In a small bowl, dissolve baking powder in hot water. Add mixture to batter. Add salt. Continue to mix until well-incorporated.
4. Reduce mixing speed to low. Add flour slowly and

mix until just combined.

5. Scoop 2 tablespoon-sized dough balls on a lined baking sheet. Cover loosely with plastic wrap and refrigerate for 30 minutes.
6. Prepare two baking sheets lined with parchment paper or silicone baking mats.
7. Remove dough from fridge and flatten to about 1-cm thickness with back of flat spatula.
8. Remove Nutella from freezer. Scoop 1 teaspoon of chilled Nutella and place in

centre of a flattened dough ball. Form dough around Nutella, creating a ball and sealing Nutella in centre. Flatten again with back of spatula to about 1-cm thickness. Using back of fork. Repeat with remaining dough.

9. Transfer cookies to baking sheet. Bake at 350F (175C) for 20 to 25 minutes or until the edges begin to turn golden-brown. Remove from oven and let rest for 5 minutes before transferring to wire rack to cool completely. Store in an airtight container for up to a week for freeze for up to a month.

ANIMAL HEALTH

Medical marijuana is going to the dogs

Genna Buck
Metro



Thanks to easy access at the dispensaries popping up on every street corner, city-dwellers across Canada are turning to marijuana to soothe their aching bones.

And if it works for you, why not for an elderly or ailing pet?

Tamara Hirsh, owner of Pacifico, stocks Apawthecary brand marijuana-infused dog treats and tinctures at her dispensaries in Toronto and Hamilton, Ont.

She claims there are no side effects.

"You can really take any dose," she said. "We recommend you start low and go slow."

"It works a lot like it does in people," for seizures, pain and arthritis, Hirsh said. "It's instant relief. We can barely keep it on the shelf."



WARNING

If you're going on anecdotes and Internet testimonials that marijuana is great for pooches' pain and other complaints, think again. Experts don't recommend it.

mind-altering, and some studies have shown it helps ease anxiety, seizures and nausea.

CBD also has fewer side effects than THC, but they're poorly understood. And like most medications, it's toxic in high doses. Animal studies suggest the danger zone is anything above 30 mg of CBD per kilogram of body weight.

But we don't know — and that's the problem, explained Dr. Kathleen Alcock, a veterinarian at the Downtown Animal Hospital in Toronto.

Alcock has a longstanding

interest in pain medicine and is looking into how she could be able to dispense medical marijuana to pets. However, the College of Veterinarians of Ontario does not currently allow it.

She was also firm about feeding Fido products from a dispensary. Don't do it.

"This is not a do-no-harm thing," she said. "It certainly shouldn't be sold over the counter."

Alcock said she sees about one case of marijuana poisoning per month. Cats and dogs are "exquisitely sensitive" to cannabis, and she said they get twitchy and "sedated to the point of respiratory failure" after getting into their human's stash. Even one cookie or one joint can cause serious problems.

It's not clear what chemical — CBD, THC, or something else — is causing these effects, Alcock added: "The answer is, we don't know. The studies haven't been done."

PHOTO ILLUSTRATION BY ANDRES PLANA/METRO

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Grammy Awards love Beyoncé's Lemonade

MUSIC

Drake leads among Canadians with eight nods

The Grammy Awards are sipping all of Beyoncé's lemonade.

The pop star leads the 2017 Grammys with nine nominations, including bids for album of the year with Lemonade, and song and record of the year with Formation. The singer, who already has 20 Grammys and is the most nominated woman in Grammy history with 62 nods over the course of her career, is also the first artist to earn nominations in the pop, rock, R&B and rap categories in the same year.

Behind Beyoncé are Drake, Rihanna and Kanye West, who scored eight nominations each.

Toronto-based rapper



Beyoncé received nine Grammy nominations for her 2016 album Lemonade. THE ASSOCIATED PRESS

Drake came away with the most nominations of all Canadian artists, getting eight in

total, including one for best rap album for Views.

Like Beyoncé, Adele is

also nominated for album, record and song of the year.

For album of the year, Lem-

onade and 25 — which has sold 10 million copies in a year — will compete against

Drake's multi-hit Views, Justin Bieber's redemption album Purpose and surprise nominee A Sailor's Guide to Earth, the third album from respected and rebellious country singer Sturgill Simpson.

Beyoncé's Formation and Adele's Hello are up against Rihanna and Drake's Work, Twenty One Pilots' Stressed Out and Lukas Graham's 7 Years for record of the year. 7 Years is also up for song of the year — a songwriter's award — battling Bieber's Love Yourself, co-written with Ed Sheeran, Mike Posner's I Took a Pill In Ibiza, as well as Beyoncé and Adele's songs.

Beyoncé's nine nominations include best rock performance (Don't Hurt Yourself with Jack White), pop solo performance (Hold Up), rap/sung performance (Freedom with Kendrick Lamar) and urban contemporary album (Lemonade).

THE ASSOCIATED PRESS / THE CANADIAN PRESS

GRAMMY FACTS BEYONCÉ'S A ROCK STAR, AMY SCHUMER GETS NOD

Beyoncé vs. Adele

The Grammys are basically the battle of Beyoncé and Adele: In four of her five nominations, Adele will go toe-to-toe with Queen Bey. Beyoncé set a record for earning nominations in the rock, pop, R&B and rap categories in the same year for Lemonade. Only two other acts have earned nominations in those same four categories — Paul McCartney and Janet Jackson — but never in the same year.



Diplo vs. Diplo

Diplo, who produced on both Bieber and Beyoncé's album, will battle himself for album of the year. He already has two Grammys under his belt.

Long live the dead

David Bowie died in January but near the one-year anniversary of his death, he could win Grammy gold. Blackstar, his final album, earned four nominations. Joey Feek, of the duo Joey + Rory, also died of cancer this year. The group is nominated for best gospel roots album for Hymns.

Schumer gets Grammy love

The comedian-actress is nominated for best spoken word album and comedy album. Her competition in those categories includes Carol Burnett, Patton Oswalt, Margaret Cho, Tig Notaro, David Cross, Elvis Costello and Patti Smith.

Bruno Mars

Bruno Mars just released a new album — too late for the 2017 nominations — so he'll likely dominate the 2018 Grammys. But thanks to co-producing All I Ask for Adele, he's nominated for album of the year (it appears on her bestseller 25). OneRepublic's frontman also produced a track on 25, earning him a nomination.

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Study finds parents were enthusiastic about technology's role in their kids' lives but wary of risks. HANDOUT

Parents binge on media: survey

DISCONNECT

'Astounding' volume of tech being used, expert says

Parents spend more than nine hours a day with TVs, computers and other screen devices while also giving themselves high marks as role models for their children's media use, according to a survey released Tuesday.

Among all those surveyed — nearly 1,800 parents in the U.S. — daily screen time averaged nine hours and 22 minutes, with the bulk of that, seven hours and 43 minutes, categorized as personal screen media and the other roughly 90 minutes spent on

78%

Percent of parents that believe they are good media and technology role models for their children.
THE ASSOCIATED PRESS

work screens.

The study also found they were enthusiastic about technology's role in their kids' lives but wary of the risks it may hold, including loss of sleep and online oversharing. Researchers from the non-profit Common Sense Media group and Northwestern University's Center on Media and Human Development conducted the project.

Two-thirds of those surveyed, 67 per cent, said monitoring

their children's devices and social media accounts is more important than allowing them privacy.

It was the gap between how much adults use media and what that might mean for their offspring that was particularly striking to James P. Steyer, founder and CEO of Common Sense Media, which helps families and educators

assess and use media and technology effectively. The group's first-ever deep dive on parents' tech habits mirrors its ongoing analysis of those of children and teenagers.

"I found the numbers astounding, the sheer volume of technology used by parents," Steyer said. "There's really a big disconnect between their own behaviour and their self-perception, as well as their perception of their kids."

"Yet 78 per cent of all parents believe they are good media and technology role models for their children," according to a survey summary.

The range of activities includes TV or other video viewing; video gaming; social networking or website browsing, and any other task on a computer, smartphone or tablet. Media consumed with a child or another family member along with solo use is included in the personal screen tally, according to Common Sense Media. THE ASSOCIATED PRESS

MUSIC BRIEF

Lady Gaga calls PTSD struggle one of her 'deepest secrets'

Lady Gaga has revealed that she suffers from post-traumatic stress disorder stemming from her rape at the age of 19.

The 30-year-old singer made the announcement in an interview broadcast on NBC's Today show on Monday. Gaga was shown in a segment visiting a centre for homeless LGBTQ youth in New York. She told a group that she has a mental illness that she struggles with every day and uses meditation to cope.

Gaga's appearance was part of a campaign to inspire kindness. She says the kindness that's been shown to her by doctors, family and friends has saved her life.

Gaga later said on Twitter that in telling her story, she shared one of her "deepest secrets" with the world.

THE ASSOCIATED PRESS



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You don't know Jack!

Why Jack Nicholson will live forever

Few actors have ignited every decade of their career with reinvention and award-winning performances like Jack Nicholson. From his humble beginning in Roger Corman movies in the '60s to his 12 Oscar nominations across five decades, Nicholson has always found a new way to connect with audiences.

Although he started his career as a writer in the 1960s, Nicholson's big acting break came at the end of the decade when Dennis Hopper brought him on as a last-minute replacement for Rip Torn in 1969's *Easy Rider*. After his electric performance netted him a Best Supporting Actor Oscar nomination, there was no turning back.

In the 1970s, Nicholson crafted some of the decade's most iconic roles. *Five Easy Pieces*, *The Last Detail* and *Chinatown* were instant cinema classics, but it was his work in 1976's *One Flew Over the Cuckoo's Nest* that finally won him a Best Actor Oscar. The role packed an extra punch as Nicholson, an icon of '60s rebellion, was torn apart by the repressive forces of the '70s.

Though Nicholson started the '80s displaying his terrifying intensity in movies like *The Shining* and *The Postman Always Rings Twice*, it was his lighter side that connected as he entered middle age. The levity he added to *Terms of Endearment* earned him his second Oscar, and he continued to channel his manic comedic energy into roles throughout the decade in films like *The Witches of Eastwick*, *Broadcast News* and *Batman*.

By the '90s, Nicholson was a master of his craft, switching from intense roles like Col. Nathan Jessup in *A Few Good Men* to his Oscar-winning comedic performance of the wounded Melvin Udall in *As Good As It Gets*. Nicholson continued to prove his versatility in the 2000s, getting laughs in *Something's Gotta Give*, while still terrifying audiences in Martin Scorsese's *The Departed*.

Rediscover Jack Nicholson's biggest hits and critically acclaimed performances. The Hollywood Suite free preview is on now until Jan. 5! Enjoy the best movies of the '70s, '80s, '90s and 2000s uncut and commercial-free on four HDTV channels and On Demand, available on most TV providers.

Catch a Jack Nicholson double bill of *The Witches of Eastwick* and *The Postman Always Rings Twice* tonight on Hollywood Suite, and tune in during the free preview for more Nicholson classics including *Five Easy Pieces* (1970), *The Shining* (1980), *A Few Good Men* (1993) and *Something's Gotta Give* (2003). Learn more at hollywoodsuite.ca/freepreview.

HOLLYWOOD SUITE



Can't stop the beat with *Hairspray Live!* telecast

EQUALITY

Musical boasts strong themes 'that can be really healing'

In the steadily escalating battle of the TV musicals, NBC's *Hairspray Live!* is the most ambitious contender yet.

It's got a deep bench of stars, including Kristin Chenoweth, Jennifer Hudson, Ariana Grande and Martin Short. It boasts strong themes of racial equality, tolerance and self-acceptance. And it has the outsized, joyful talents of Harvey Fierstein as writer and actor, reprising his Tony Award-winning role as Edna Turnblad.

Executive producer Neil Meron also counts the TV musical's timing as a bonus, calling it impeccable despite its 1960s setting and roots in John Waters' 1988 film and, more directly, in the 2002-09 Broadway musical with Fierstein.

"People already were excited about it, but after the election they were saying, 'Boy, do we need this now,'" Meron said recently on a Universal Studios set as the cast rehearsed *I Can Hear the Bells* for tonight's telecast (8-11 p.m. EST).

With the country in a "divisive place," he said, viewers are eager for entertainment "that can be really healing."

Hairspray Live! is set in 1962 Baltimore, where *The Corny Collins Show* is TV's hot dance program and the focus of teen Tracy Turnblad's dreams. When she's chosen to perform and gains in-



From left, Maddie Baillio as Tracy Turnblad, Jennifer Hudson as Motormouth Maybelle, Harvey Fierstein as Edna Turnblad during a rehearsal for *Hairspray Live!*, airing tonight. HANDBOUT

stant celebrity, the plus-sized dynamo uses it to fight the show's whites-only rule.

Tracy is played by Maddie Baillio, 20, of League City, Texas, a college student plucked from more than 1,300 hopefuls in an open-casting call for her first professional role. Short plays husband to Fierstein's supportive wife and mother.

The cast includes Derek Hough as Collins; Grande as Tracy's pal Penny; Hudson as record-store owner Motormouth Maybelle; Ephraim Sykes as her son, Seaweed; Chenoweth and Dove Cameron as mean mom-daughter duo Velma and Amber Von Tussle, and Garrett Clayton as Link, Tracy's squeeze. Two former *Hairspray* Tracys, Ricki Lake (the movie) and Marissa Jaret Wino-

kur (the play), are set for cameo appearances.

Among the catchy songs sure to rattle around in viewers' brains for days: *Good Morning Baltimore* and *You Can't Stop the Beat*.

The production is big (55 cast members, 600 costumes, 18 sets) and sprawling, designed to shift between the confines of two Universal Studios soundstages and a variety of backlot locations. It's also got an element of risk, following other recent musicals that aired live to ramp up the excitement factor (and keep viewers tuning into broadcast networks and commercials).

The TV musical competition is both intra- and intermural: The bar for *Hairspray Live!* was set at varying heights by NBC's

Sound of Music, *Peter Pan* and *The Wiz* broadcasts. The *Wiz* aired live in 2015, as did this year's *Grease* on competitor Fox, and *Hairspray* plucked its pair of directors, Kenny Leon and Alex Rudzinski, from those respective telecasts. Jerry Mitchell, who choreographed the Broadway musical, also is aboard.

The *Hairspray* producers have "certainly upped the ante," said Hough. "The people who are part of this, including some who worked on *Grease* as well, they want to try to top themselves."

Exactly, said Meron, who is producing *Hairspray Live!* with Craig Zadan. The partners also produced the 2007 movie version of the stage musical, with Nikki Blonsky as Tracy and John Travolta as Edna. THE ASSOCIATED PRESS



JOHANNA SCHNELLE WHAT I'M WATCHING

The appeal of royal lavishness

THE SHOW: *The Crown*, S1, E5 (Netflix)

THE MOMENT: The Ballet Scene

In their elegant rooms, Queen Elizabeth (Claire Foy) and Prince Philip (Matt Smith) are dressing for a formal evening out. She asks him to be chairman of her coronation committee. "I want to make a public declaration of my trust in you," she says.

He's reluctant; he doesn't want to appear unmanly. "There's no need to matronize me," he replies.

The conversation continues in a limousine. "What would it entail?" Philip asks.

"You'd inspire everyone,"



Claire Foy and Matt Smith as Queen Elizabeth and Prince Philip in *The Crown*. HANDBOUT

Elizabeth says. "Lead them."

The limo pulls up at a theatre. Throngs crowd the limo, taking photos.

Inside the theatre, a full audience in luxe evening attire watches a ballerina dance on stage. Philip and Elizabeth converse in their box. "Total control or nothing at all," he says. "Those are my terms."

"All right," Elizabeth responds. "But don't go mad."

Talk about going mad! This moment, a domestic power negotiation, could have played out over, I don't know, a breakfast table. Instead, it's split into three scenes, each more fabulously expensive than the last.

It's one thing to spring for a

crowd of extras in overcoats to surround a limo. But to dress an entire audience in finery, and have a tutu-clad ballerina performing on stage — as backdrop for two lines of dialog? It's pure lavishness. But it's not a waste, because it serves a function: Whether we're consciously aware of it or not, it adds to our understanding of the luxurious lives of the leads.

You wonder why TV is so great these days? Here's your answer: Money.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Dealership credits no-commission strategy for success

Employees and customers alike enjoy the no-pressure, honest approach to service

When it comes to car maintenance, one of the biggest customer complaints is when mechanics "upsell" — telling them they need more work than is necessary — to boost their own profits. According to Ashley Gallant, customer service manager at Stadium Nissan, when you remove the commission sales aspect from the equation, there is no incentive for the advisers to upsell. This strategy seems to be working, judging by the increase in return customers.

"We don't get paid by the job and that gives us the opportunity to honestly deal with our customers. We can tell them what they actually need, go over it with them, have more time to spend with them," says Gallant. "If it doesn't need it, we don't recommend it."

This sets Stadium apart from competitors that often push to sell as much as they can in order to get paid. "Here, it's more about the customer experience. We honestly tell them what they need and if it can wait, or try to split it up if they need more things at one time so they're not paying a whole bunch of money all at once."

The service technicians, for example, may notice during an inspection that a fluid change is due based on time or mileage. But if the condition of the fluid is fine and it doesn't indicate it needs to be changed, they won't automatically suggest it.

A history of customer-first

It takes a long time to rebuild your reputation if you don't treat your customers right, but Gallant says they've built customer loyalty over the years. She's seen the same clients come back to trade in original vehicles that they bought from Stadium Nissan because they trust they'll be given the best deal and a worry-free maintenance program.

Stadium Nissan has been in operation for



Ashley Gallant, customer service manager at Stadium Nissan in Calgary. CONTRIBUTED

30 years, but was purchased by Brasso Nissan, Calgary's original Nissan dealer, in March 2014. Andrew Franiel was put in the driver's seat as their partner.

"I started in the car business as a salesperson for Brasso and that's where I adopted 'customer satisfaction' as the incentive," he says. Being born and raised in Calgary like his partners Einar Brasso and Kirby Soon, he has a deep commitment to the belief that "a handshake is your word."

Gallant returned to Stadium upon seeing their shift from commission based to customer satisfaction. "It's a much better experience for the customers now," she says. "There's great management and ownership. Our skilled technicians and service drive-thru staff make the biggest difference."

She personally goes through the customer feedback surveys and notes the marked

improvement in satisfaction levels now over previous years. When there is the rare complaint, Gallant says they try to figure it out with the customer directly to ensure that issues are resolved and everyone is satisfied before they leave.

Expert advice, given straight

Andrew says an important advantage of getting vehicles maintained and serviced at Stadium Nissan is that technicians only use Nissan-approved parts and fluids. They don't use or advocate third-party or generic fluids or flushes.

He uses an example of specialized "performing enhancing additives," which people think will boost vehicle performance. Nissan has invested millions into research and testing to find the correct fluid for different vehicles' drivetrains. The fluid in a Murano is not the same as a Titan, for example, so why would

you use the same generic fluid in both of them, which could do irreparable damage at a higher cost?

From new car sales to pre-owned vehicles to service, the no-commission policy at Stadium Nissan means the staff takes their time to explain things to customers honestly.

"Our staff is different — there is no selling," boasts Andrew. The lack of pressure to sell unnecessary services and parts benefits both customers and staff. "A non-commission based drive-thru is a happy driv-thru," quips Gallant. "Our team isn't stressed out, which means our customers aren't stressed out." At the end of the day, it is all about the customer.

To book an appointment for vehicle repair or routine maintenance, the service department is open Monday to Friday from 8:00 a.m. to 5:50 p.m., Saturday from 8:30 a.m. to 1:00 p.m. or 24 hours a day online.



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months. (Excluding Fusion (Cab), F-250 for up to 60 months, or 2016 Taurus or 2017 Fusion, Escape, Transit for up to 72 months, or 2016 Fiesta for up to 84 months) to qualified retail customers, on approved credit (1) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest interest rate. Example: \$25,000 purchase financed at 0% APR for 48-60/72/84 months, monthly payment is \$520.64/\$416.67/\$227.29/162, cost of borrowing is \$0 or APR of 0% and total to be repaid is \$25,000. Down payment on purchase financing of fees may be required based on approved credit (1) from Ford Credit Canada Limited. (2) Until January 3, 2017, lease a new 2016 Fiesta or Edge for up to 24 months, or 2016 Flex or 2017 Mustang (excluding 50th Anniversary) for up to 36 months, or 2016 Taurus or 2017 Fusion, Escape for up to 48 months, and get 0% APR on approved credit (1) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease a model with a value of \$10,000 at 0% APR for up to 24/36/48 months with an optional buyout of \$15,610/\$11,200/\$10,600 and \$0 down or equivalent trade-in, monthly payment is \$640.00/\$466.60/\$410.00, total lease obligation is \$14,400.00/\$11,600.00/\$10,120.00, interest cost of leasing is \$0 or 0% APR. Additional payments required for PPSA (100% for Quebec), registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and usage restrictions apply. Excludes older model changes, new 2016 Ford Fiesta, Focus, E-MAX, Fusion and Escape, 1.0L per liter E-Series, Mondeo, Taurus, Taurus X, Edge, Flex, Explorer, F-Series, MVS, MKX, MKZ and Transit Connect. (3) Open to Ken Block's Extreme Racing and Navigator, plus applicable fees. Excludes late model changes, subject to change, see your local dealer for details. All prices are based on MSRP for the suggested retail price (SRP) which between December 1, 2016 and January 3, 2017 (the "Offer Period") for Canadian residents. Receive \$500 towards the purchase or lease of a new 2016 Ford model (excluding Fusion, Fiesta, E-MAX, E-150 Regular Cab XL 4x2 Value Leader) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied per vehicle purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not combinable. (4) Offer only valid from December 1, 2016 to December 31, 2016 (the "Offer Period") to residents in Canada with an eligible Costco membership as of before November 30, 2016. Receive \$500 towards the purchase or lease of a new 2016 (and 2017 when the model is available) Ford Fiesta, Focus, E-MAX and \$1,000 towards all other Ford models (excluding Shelby GT350 and GT350R Mustang, F-150 Raptor, Ford GT, F-150 Regular Cab XL 4x2 and Medium Truck) (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. It is applicable to members called out before their amount is deducted. (5) Registered trademark of Price Costco International, Inc. used under license. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.



HOUSE OF CARS

The quintessential crossover



THE CHECKLIST | 2017 HONDA CR-V

THE BASICS

Engine: 2.4L four-cylinder; 1.5L turbo four-cylinder

Power: 184 hp, 180 lb-ft; 190 hp, 179 lb-ft

Fuel Economy (L/100 km): 9.4 city, 7.6 hwy; 8.7

city, 7.1 hwy (4WD)

Price: Starts at \$26,500 (est.)



LOVE IT

- Roomy rear seats
- Generous cargo capacity
- Available safety features

LEAVE IT

- Erratic lane departure warning
- 2.4-litre base engine

REVIEW

CR-V brings all the necessary ingredients

Dan Ilika
AutoGuide.com

As far as crossovers go, it doesn't get much more quintessential than the Honda CR-V.

It hit the market all the way back in 1997, long before the term "crossover" was even in vogue, and has quietly dominated ever since. With a new version hitting the market for 2017, it now comes powered by a turbocharged engine in what could be the CR-V's biggest change since Honda scrapped the tailgate-mounted spare tire.

The vast majority of new CR-Vs set to hit dealers will be powered by a turbocharged 1.5-litre. Borrowed from the Civic, the four-cylinder receives a few minor tweaks before serving under the hood of Honda's popular CUV, including a revised turbine and a slightly lower compression ratio.

The benefits of turbocharging a crossover like the CR-V aren't necessarily going to show up on paper, or even at the pumps. Both available engines make a similar amount of power while

fuel economy improves only marginally with the 1.5-litre under the hood. Instead, it's how the pair of four-cylinders deliver power, and when they deliver it, that is markedly different.

Setting out on an indirect trek from Monterey, Calif., to San Francisco in a Touring model with all-wheel drive, it was on the highway that the new CR-V showcased its improved drive the most, and not just for its impressive adaptive cruise control.

While a little rigid and truck-like, the fourth-generation CR-V offers a tremendously smooth ride aided by its new suspension that features struts up front and a multi-link setup around back, and fluid-filled bushings at all four corners. Combined with improved cabin quietness, the only complaint on the highway is rooted in a lane departure warning system that can be somewhat erratic, recognizing patched cracks in the asphalt as lane markings and sending a pulse through the steering wheel. Off the highway, the CR-V's car-like steering system proved a worthy companion. Weighted a little heavily, or at least heavier than the last CR-V, the setup is very nimble and easy.

This fourth-generation model brings all the necessary ingredients — turbocharged engine, spacious interior and attractive design — that are sure to keep the CR-V a leader for years to come.

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Range Rover gets glamour shots

RACE CARS

Ferrari 488 Challenge revealed

Ferrari has introduced its newest 488 Challenge race car and it looks incredible. Although full details on it won't be announced until later this weekend, the Italian automaker did show off a photo on its Twitter account as well as display it in the flesh at the Finali Mondiali event at Daytona International Speedway in Florida.

JASON SIU/AUTOGUIDE.COM



UPDATES

Android Auto responds to 'OK Google'

A recent update to Android Auto has the software recognizing the "OK Google" voice command. On Android phones and with the feature enabled, users can typically say, "OK Google" like Apple users would say, "Hey Siri" to initiate a voice search or a command, so it's a bit puzzling as to why it wasn't available before.

JASON SIU/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by [AutoGuide.com](#)

RANGE ROVER

'Ultimate Vista' series launches with gallery

Range Rover has released a gallery of photos that show its biggest, baddest off-roader in stunning natural landscapes. The British brand teamed with photographer Jonas Bendiksen for these shots, which are the first in a series called 'Ultimate Vistas.' Each set of photos will feature the Range Rover in "extraordinary landscape photographs," so stay tuned for more great photography. This inaugural set of photos was shot in the Norway, going from the streets of Oslo to the northwest Dovre Mountains and the vast fjords of Geiranger. Future locations for the photo series include the U.S. and China.

STEPHEN ELMER/AUTOGUIDE.COM

VIDEO GAMES

Latest Gran Turismo looks stunning

The next entry in the Gran Turismo series looks breathtaking. Originally scheduled to be released last month, Gran Turismo Sport is heading to the PlayStation 4 sometime next year. To whet your appetite, Sony released a new trailer during its PlayStation Experience 2016 event in Anaheim, California, and it shows off Polyphony's next racing game in stunning 4K resolution. The latest trailer confirms that the game will support 4K resolution on the PlayStation 4 Pro and it will also take advantage of high dynamic range (HDR) on both the standard PlayStation 4 and PlayStation 4 Pro. JASON SIU/AUTOGUIDE.COM



IN BRIEF

Dodge offering last, last chance to buy a Viper

The Viper is dead, but there will be still be one more chance to get a new one. Dodge already announced the final run of 206 Vipers sold out in less than a week, but now, a Dodge spokesperson told Motor Authority that the order books will open one more time before the end of 2016. It seems that Dodge was concerned with how many cars it could build, so it limited the first wave of orders. The first "final" run of Vipers sold out in less than a week.

STEPHEN ELMER/AUTOGUIDE.COM



metro SPORTS

Jose Mourinho's agent says the Manchester United manager paid more than 26 million euros in taxes when he lived in Spain from 2010-13

Sid outdoes himself with scoring surge

NHL

Crosby leads league in goals despite missing first six games

Sidney Crosby can't seem to find the right word for what's happening. If the Pittsburgh Penguins captain is being honest, he is not really interested in finding one. He would rather just enjoy a hot streak that is bordering on absurd even by his remarkably high standards.

The two-time MVP's 17 goals lead the NHL just over a quarter of the way into the season, even though he missed the first six games while recovering from a concussion. Even though injuries have forced head coach Mike Sullivan to shake up his lines. Even though Crosby insists he hasn't made some sort of conscious decision to pepper the opposing net.

"You can call it whatever you want," Crosby said.

Just don't call it luck.

"You don't get puck luck (that many) times," teammate Patric Hornqvist said. "I just think he's in the right spot at the right time."

Over and over and over again.

The game's most creative player is in the midst of a rebirth at 29, a renaissance that



Sidney Crosby has recorded 17 goals and 10 assists through 20 games. BRUCE BENNETT/GETTY IMAGES

23.9

Crosby's shooting percentage of 23.9 is the best among players with at least 50 shots on net going into Tuesday's action.



NHL FLAMES PUSH WIN STREAK TO 4 GAMES

Flames left-winger Johnny Gaudreau scores past Stars goalie Kari Lehtonen in Dallas on Tuesday night. Gaudreau and Sean Monahan each had a goal and an assist to lead the Flames to a 2-1 victory, their fourth straight. LM OTERO/THE ASSOCIATED PRESS

IN BRIEF

Former Heisman winner's body found in a park

Heisman Trophy winner Rashaan Salaam was found dead Monday night in a Boulder park less than two miles from Folsom Field, where he carved his name into the University of Colorado record books as one of the greatest players in the program's history.

The Boulder County coroner's office was still investigating the cause of the death of the 42-year-old, who won the Heisman in 1994. THE ASSOCIATED PRESS

SNOWBOARDING

Back injury pushes Maltais to retire



Dominique Maltais of Petite-Riviere-Saint-Francois, Que., won the Crystal Globe five times. GETTY IMAGES FILE

Canada's Dominique Maltais is retiring from competitive snowboarding.

She battled a back injury last season and has not been able to recover enough to allow her to compete at the highest level.

Maltais won bronze in snowboard-cross at the 2006 Olympics in Turin and won silver at the 2014 Games in Sochi.

She reached the podium 38 times over 77 World Cup starts (15 gold, 13 silver, 10 bronze). THE CANADIAN PRESS

MLB

Red Sox bolster rotation with Sale

No surprise that Chris Sale got traded. The real shocker? That the Boston Red Sox swooped in to snag him.

The reloading Red Sox pulled off the biggest deal yet at the winter meetings, acquiring the dominant ace from the Chicago White Sox on Tuesday for a hefty package of four prospects.

"The ability to get a Chris Sale doesn't come along very often," Boston president of baseball operations Dave Dombrowski said.



That's a big one. That's a blockbuster. That was a wow.

Yankees GM Brian Cashman

Sale joins an already talented rotation with the AL East champions, now pitching alongside 2016 AL Cy Young Award winner Rick Porcello and former winner David Price. He leaves behind a shredded reputation in Chicago, suspended by the team last summer after he flew into a rage and cut up retro uniforms that club was supposed to wear.

The 27-year-old Sale has been an all-star in each of the last five seasons, but has never played in the playoffs. To get him, Boston traded high-priced third baseman Yoan Moncada, considered by many the top young talent in baseball, along with pitchers Michael Kopech and Victor Diaz, and outfielder Luis Basabe.

Also on Tuesday, Boston acquired right-handed reliever Tyler Thornburg from the Milwaukee Brewers in a package that included infielder Travis Shaw. THE ASSOCIATED PRESS



Chris Sale was 17-10 with a 3.34 ERA and 233 strikeouts this year. GETTY IMAGES

Perez fires Arsenal to top

CHAMPIONS LEAGUE

Spaniard takes advantage of rare start, Iwobi also on target

Arsenal easily beat Basel 4-1 to finish top of its Champions League group on Tuesday, powered by a hat trick from little-used forward Lucas Perez.

Getting a rare start, the Spanish forward gave Arsenal a three-goal lead by the 47th minute as the visitors coasted to victory. Mesut Ozil's delightful assist let Alex Iwobi score in the 53rd before Basel substitute Seydou Doumbia struck a consolation goal in the 78th.

Arsenal unexpectedly finished atop Group A, rising above Paris

Saint-Germain which drew 2-2 at home to winless Ludogorets Razgrad.

As a group winner, Arsenal is seeded in Monday's draw for the Round of 16, hoping to avoid a seventh straight exit at that stage.

Arsenal will avoid the likes of Barcelona and Atletico Madrid but the pot of unseeded teams is stronger than usual.

One possible opponent is Bayern Munich which ousted Arsenal in the first knockout round in 2013 and '14.

Another option is either Real Madrid or Borussia Dortmund, which play Wednesday in Spain with leadership of Group F at stake. Arsenal completed its

TUESDAY In Switzerland
1 BASEL 4 ARSENAL

17th straight successful group stage with a deserved win on a cold night in Switzerland.

Lucas Perez has made little impact in north London since a deadline-beating move from Deportivo La Coruna in August.

Still, the 28-year-old forward scored his first Champions League goal in the eighth minute and scored in almost identical fashion eight minutes later.

Each time, left back Kieran Gibbs was found deep in the Basel area. First a cross, then a shot, flashed across the goal-mouth for Lucas Perez to tap in with his left foot at the far post.

The hat trick goal was more impressive, as Lucas Perez advanced into the path of the ball

RESULTS

| |
|------------------------|
| Basel 1, Arsenal 4 |
| PSG 2, Ludogorets 2 |
| Benfica 1, Napoli 2 |
| D. Kiev 6, Besiktas 0 |
| Barça 4, Bor. M'Glad 0 |
| Man City 1, Celtic 1 |
| Bayern 1, Atl Madrid 0 |
| PSV 0, FC Rostov 0 |

15 yards out to shoot right-footed across the dive of goalkeeper Tomas Vaclik.

Ozil's visionary assist was the key to Arsenal's fourth. A fast, direct break saw the Germany playmaker surge into the Basel penalty area and deceive defenders who expected him to shoot by clipping a reverse pass for Iwobi to score easily from close range.

THE ASSOCIATED PRESS



Arsenal forward Lucas Perez celebrates a goal during the UEFA Champions match against FC Basel 1893 on Tuesday.

PATRICK HERTZOG/AFP/GETTY IMAGES

NBA

Russell and Klay the stars of Big Monday

Plenty of points for Klay Thompson. Plenty of everything, as usual, for Russell Westbrook.

On a momentous night in the NBA, Thompson had the biggest game with a career-high 60 points and Westbrook continued his sensational season with a sixth straight triple-double.

An 11-game schedule stole the show Monday on a night that's long belonged to the NFL. There were so many mesmerizing performances that even otherwise great ones weren't good enough to get much notice. Thompson's

topped them all, with a 40-point first half in under 19 minutes of Golden State's 142-106 victory over Indiana. "That's a feat that I put money on will probably never be touched ever again in the history of basketball," teammate Stephen Curry said.

Marc Gasol had a triple-double and James Harden wasn't far off, but Westbrook does that every night. He had 32 points, 13 rebounds and 12 assists in Oklahoma City's 102-99 victory at Atlanta, giving him the NBA's longest streak of triple-doubles since Michael Jordan had seven



Russell Westbrook

THE ASSOCIATED PRESS

in a row in 1989.

"Obviously, the league hasn't seen something like this in a long, long time," Thunder coach Billy Donovan said.

A look at some other noteworthy developments around the league:

Thompson, who already owns the NBA record with 37 points in a quarter, might have scored many more in this one if the Warriors weren't so explosive.

He checked out after just 29 minutes and less than three quarters and thought something like 80 could've been in play if he could've stayed on the floor.

Westbrook was chosen Western Conference player of the week Monday and is probably the leader in the race for the NBA's biggest individual prize, the MVP. He has 11 triple-doubles in 22 games, has led the Thunder to six straight wins and has been so good that he's overshadowing guys like Harden and Kevin Durant, who are also having MVP-caliber seasons.

THE ASSOCIATED PRESS



The Warriors' Klay Thompson celebrates a score against the Indiana Pacers Monday. BEN MARGOT/THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Savoury Salmon Cakes



Ceri Marsh & Laura Keogh
For Metro Canada

In the run up to the holidays, it feels good to add some lighter dinners to your roster (we all know what's coming!). These lean yet satisfying salmon cakes fit the bill perfectly.

Ready in 1 hour 10 minutes
Prep time: 50 minutes
Cook time: 20 minutes
Serving: 6

Ingredients

- 2 large Yukon Gold potatoes, peeled and chopped
- 2 tbsp vegetable oil
- 1 leek, washed well, sliced in half and thinly sliced
- 2 5 oz tins salmon, drained
- 2 tbsp fresh dill, chopped fine
- 1/4 cup mayonnaise

Directions

- Simmer potatoes until tender in boiling water. Drain and mash. It will make about 2 cups of mashed potatoes. Allow them to cool slightly.
- Gently combine salmon, potatoes, leeks and dill. Blend in mayonnaise and a pinch of salt and pepper.
- Form into about 12 patties - about 2 1/2 inches across and maybe 1/2 inch thick and place on a plate. Cover and refrigerate for at least an hour.
- Heat some vegetable oil until hot but not smoking. Fry the cakes - don't over crowd the pan, you'll have a hard time flipping them - for about five minutes a side.

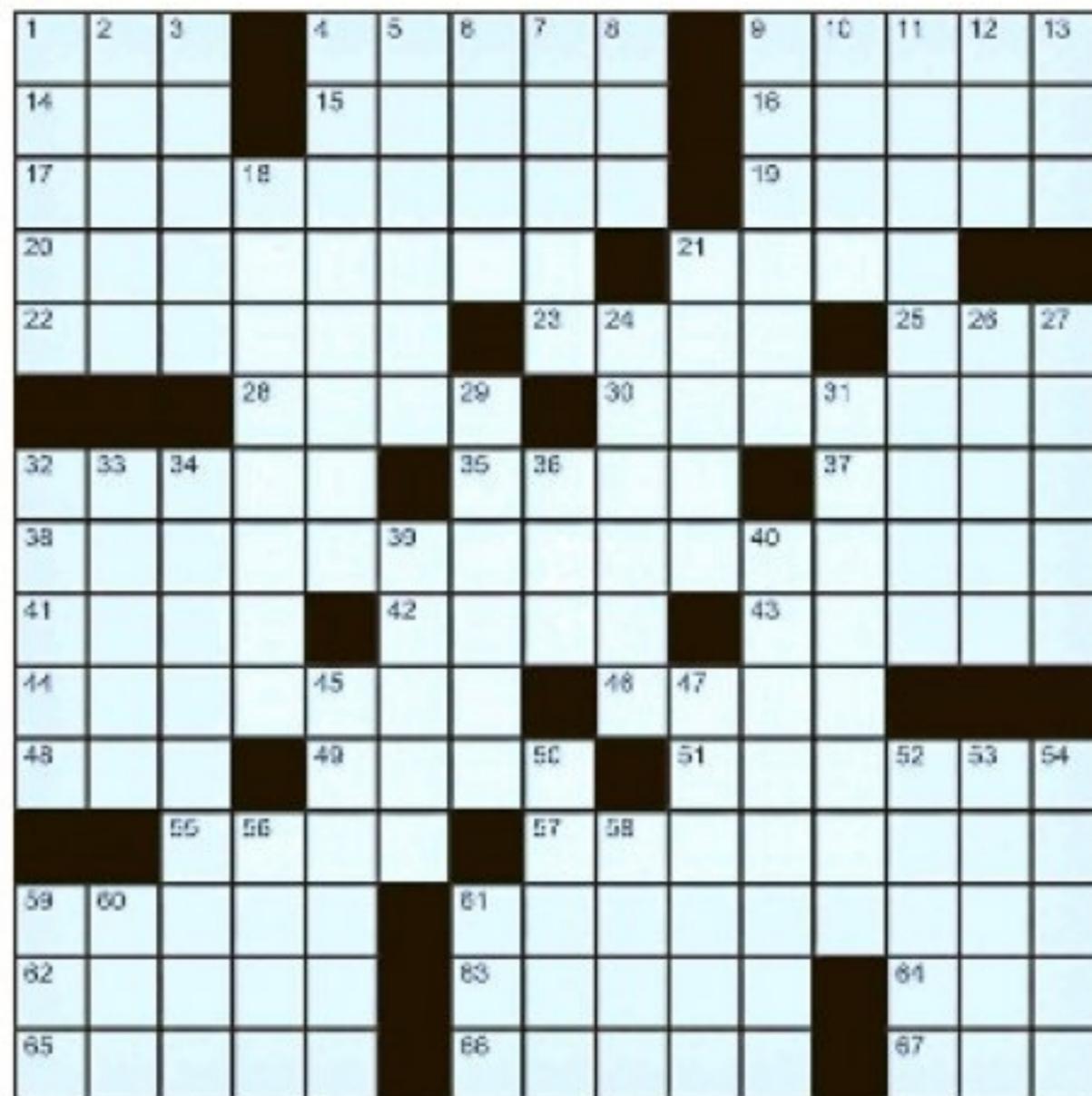
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BY KELLY ANN BUCHANAN

ACROSS

- Famous British mysteries writer (b.1890 - d.1976) ...her initials-sharers
- Fern 'seed'
- The ___ Land (T.S. Eliot poem)
- __-Jongg
- Reserved, as a restaurant table
- Be of service
- Teaching
- Yearned
- One of the chosen
- "__ Me Kate" (1953)
- Position
- Hold off
- Ship signal
- Pet fish's home
- Three-pronged spear
- Make it on Billboard
- 1949-created intl. alliance
- Famed designer of Art Deco
- CRTC = Canadian ___ and Telecommunications Commission
- Antiquities
- Richard Burton war movie, "The Desert ___" (1953)
- Drums partners in marching bands
- Cafe in Joni Mitchell's "Carey"
- Plucked guitar string sound
- Lid's protegee
- Piquancy
- Becomes keyed up
- Gulf War missile
- Isn't digni-
- fied, is this
- Dancer in Madonna's "Vogue"
- Finishes up a client's hair at the salon: 2 wds.
- Bless with oil, quaintly
- Take ___ at (Attempt)
- Purchaser's slip
- Survives
- The Congo's former name
- Scottish songstress Ms. Tunstall, et al.
- Untidy)
- Future soldier
- Legendary NFL coach Don
- Quick-and-clipped, as in music
- "Eight Is Enough" star, Dick Van __
- "__ from Muskogee" by Merle Haggard
- Freshen
- High School subj.
- Elk
- Notice: French
- Helvetica's style as a typeface
- Catch up, in sports
- Long ago
- Moderatism



DOWN

- Makes ___ (Is)

- Russian ballet company
- Certify
- The way ballerinas dance: 2 wds.
- British WWII sub-machine guns
- Works the bread dough
- Member of the Order of Canada... Simon Chang's occupation
- Dare Maple Leaf Cookies
- "The Sixth Sense" (1999) star, __ Joel Osment
- Mailing destinations
- Carol of fashion covers
- Sampled
- Just in case a situation calls for it: 3 wds.
- Blue tones
- Pacifism shmacism ...put up your dukes!: 2 wds.
- Oklahoma
- Insincere smile
- President-__ Donald J. Trump
- Methods, for short
- Human of Hibernia
- Posh way to exclaim "That wasn't my fault!": 2 wds.
- Chum
- "Diva ___ Dime"
- Australian director Mr. Luhmann

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't worry if you feel uncertain or indecisive about things today. That's just the way things are. In fact, a lot of people feel this way today.

Taurus April 21 - May 21
You might be confused by a friend today. Or this confusion could relate to your dealings with a group, club or association. Obviously, don't volunteer for anything.

Gemini May 22 - June 21
Dealings with parents, bosses and VIPs are uncertain today. If you're not sure what's happening, do nothing. Don't volunteer; don't agree to anything important.

Cancer June 22 - July 23
This is a good day to break free from your usual routine. You will appreciate the arts and crafts of other cultures today, however, avoid major purchases. Just shop with your eyes.

Leo July 24 - Aug. 23
This is a poor day to make important financial decisions, especially regarding inheritances and shared property. Wait until tomorrow to do this.

Virgo Aug. 24 - Sept. 23
Be co-operative with others today, because the Moon is opposite your sign. However, postpone important discussions until tomorrow. Just coast today and keep things light.

Libra Sept. 24 - Oct. 23
Your work routine will be interrupted with silly mistakes and delays today. It's hard to really get going and become productive. Don't be tough on yourself, because everyone feels this way today.

Scorpio Oct. 24 - Nov. 22
This is a wonderful, creative day for you! If you work in the arts or the entertainment world, you will be productive. Enjoy social activities and playful times with children.

Sagittarius Nov. 23 - Dec. 21
Today you might want to hide at home and keep a low profile. During family discussions, do not agree to anything important. Sleep on it.

Capricorn Dec. 22 - Jan. 20
Short trips and conversations with everyone will please you today. This is a good day to fill your databank, but postpone making important discussions until tomorrow.

Aquarius Jan. 21 - Feb. 19
Guard your finances today. Do not shop for anything other than gas or food. This is a loosey-goosey day that is poor for making financial decisions.

Pisces Feb. 20 - March 20
Today the Moon is in your sign, which makes you more emotional. However, you also feel a bit aimless and without direction. This feeling will be gone by tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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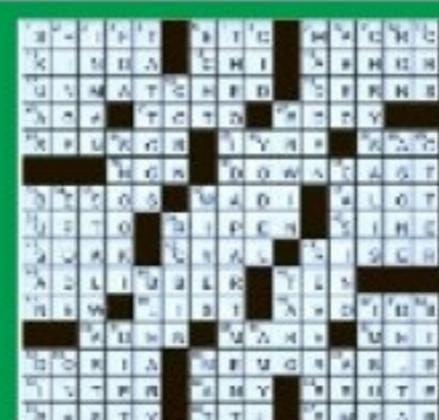


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BILLY MANSOUR
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6 YEARS



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8 YEARS



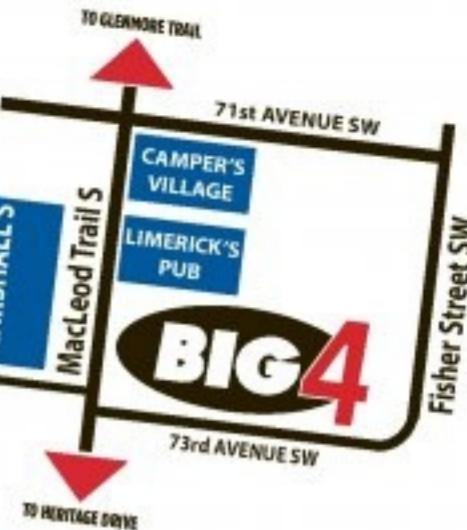
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